

COURSE NUMBER: A-050-0500

UMBRELLA OR CCOURSE: C

COURSE LENGTH: 25 Days

TITLE: SURFACE RESCUE SWIMMER (CAT 1)

COURSE SECURITY: NO CLEARANCE REQUIRED

TYPE COURSE: C1 ENLISTED NEC

SKILL TYPE: NEC 0170 Surface Rescue Swimmer

PURPOSE: To provide Navy, Coast Guard Surface (E-1 thru E-9), Military Sealift Command and designated Army personnel, with knowledge and skills necessary to rescue waterborne survivors and to initially qualify as Surface Rescue Swimmers.

SCOPE : This course provides personnel with initial training and hands-on experience in First Aid, CPR, Rescue Equipment, Waterborne Lifesaving Techniques, Day/Night Water Entries, Parachute Disentanglement, Search and Rescue Tactics, Inanimate Object Recovery, Night and Multiple Rescue Situations, and Motor Whaleboat/Rescue boat/Focsle operations. Students will also undergo rigorous physical training which consists of calisthenics, swimming (up to 2000 meters), and running 25-30 minute group-paced runs at a 8.5-10 minute per mile pace.

**PREREQUISITES: (OTHER=MUST BE A VOLUNTEER. - Surface Rescue Swimmer physical IAW Manual of the Medical Department Section III and ART 15-71 within one year and physical screening within three months of class convening date. - Commanding Officers recommendation. - Candidates shall not have a record of conviction by any court-martial and not more than one (1) non-judicial punishment during the 18 months preceding assignment to school. Candidates shall not have court-martial, NJP or an administrative board pending. - Must be designated a 2nd Class Swimmer per NAVPERS 15560C, pg. 66-1, 6610120 para. 1, 2, and 3. - All students must pass the Rescue Swimmer School (RSS) Physical Readiness In-Test which consists of the following, in this order: Sit-Ups, 50 Minimum Push-Ups, 42 Minimum 1.5 Mile Run, 12 Minutes Maximum 400 Meter Swim, 11 Minutes Maximum. -Fleet RSS inputs must possess a PG 13 entry from the transferring command certifying the member's satisfactory completion of the RSS physical readiness in-test requirements.) and ((((((((((((((((((((((( RATE BM or RATE QM ) or RATE SM ) or RATE GMG ) or RATE GMM ) or RATE OS ) or RATE RM ) or RATE YN ) or RATE PN ) or RATE SK ) or RATE MS ) or RATE SH ) or RATE DK ) or RATE ET ) or RATE DS ) or RATE FC ) or RATE MM ) or RATE BT ) or RATE GSE ) or RATE GSM ) or RATE EN ) or RATE HT ) or RATE DC ) or RATE EM ) or RATE STG ))**

**TRAINING PROGRAM COORDINATOR (TPC): 23222**

**RESOURCE SPONSOR: N88**

**TRAINING PROGRAM MANAGER: T232**